



## News Release

For immediate release:  
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### **Utah's Gold Medal Schools - A Million Miles Walked!**

(Salt Lake City, UT)– Utah's 52 Gold Medal School's finish up a successful first year with 24,783 elementary students walking more than 892,188 Gold Medal Miles! Thanks to the Utah Department of Health's Gold Medal School Initiative, this past school year has seen both students and teachers getting healthier throughout the state. Come join as Woodrow Wilson Elementary in Granite School District celebrates their first year as a Gold Medal School with a Gold Medal Mile and Awards Assembly.

*Where: Woodrow Wilson Elementary, 2825 South 200 East, Salt Lake City*

*When: Thursday, May 23*

*Gold Medal Mile Walk at 10 am*

*Awards Assembly at 11 am*

The Gold Medal School Initiative was created to address physical activity and nutrition in schools by making the school environment itself a healthy place to learn. Schools are required to meet a menu of criteria that address these issues. Schools can become Bronze, Silver, or Gold and earn up to \$1,000 depending on the number of criteria met. Sample criteria include:

- Implementing a policy for 90 minutes of structured physical activity each week
- Establishing a Gold Medal mile walking program on or around school grounds and setting a goal for student participation
- Creating a faculty and staff wellness program
- Making a policy that food is not to be used as a reward or punishment for students

Currently, an estimated 15 percent of Utah's children are overweight or obese and doctors are reporting an alarming increase in Type II Diabetes among adolescents. According to the Surgeon General David Satcher, "Schools are identified as a key setting for public health strategies to prevent and decrease overweight and obesity." The Gold Medal School Initiative is the first of its kind nationwide in addressing these serious issues in the school setting and hopes to curb the frightening obesity epidemic in Utah.

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